

Reed's Active Martial Arts & Wellness Club LLC

By Lady Lallaine Reed

R.A.M.A. (Reed's Active Martial Arts) might seem like it's a new school for most people. Indeed, its legal formation was finalized in April 2015. What they don't know is the fact that it started as a vision from a married couple who were indefinitely living in Germany in 2012. They wanted to motivate the low-income people there and teach them martial arts to lead a better way of life. They started teaching/training in their own basement, in their living rooms and in parks.



In 2013 Grandmaster David L Reed and Kyosa Lady Lallaine Reed moved from Germany to Los Angeles, California, with a dream to open a martial arts school and a wellness club, and in 2015 their dream was realized.

KJN David L Reed has actually 46 years' experience in the martial arts and 31 years as a black belt. He began martial arts training in 1970 in Judo and Jiu-Jitsu. From 1971 until 1979 he studied Tae Kwon Do, Wing Chun Kung Fu, Jeet Kune Do and Tai Chi. At the same time he began his study of Tang Soo Do. He tested for 1st dan under Chuck Norris in 1984

In 1988 he met and began teaching part-time for Grandmaster Ho Sik Pak at Pak's Tang Soo Do, then re-tested and promoted to 1st and 2nd dan in US Tang Soo Do Soo Bahk Do Moo Duk Kwan (29476), (re-testing required with federation membership). He was featured with GM Pak in *Black Belt Magazine* in May 1989 in "Tang Soo Do: It Can Sweep You Off Your Feet" and *TaeKwonDo Times* in March 1990 in "How To Handle Multiple Attacks." In 1989, 1990, and 1992 he also competed in multiple tournaments, winning championships, 2nd and 4th place in sparring. In 2000 he co-founded

United American Tang Soo Do Association with Master Mike McPherson. In 2005 he helped co-write *Complete Tang Soo Do Master Manual: From 2nd Dan to 6th Dan, Vol.* with Master Jack Pistella and Grandmaster Ho Sik Pak.

He was recently promoted by Grandmaster In Do Nam of the International Tang Soo Do Federation of Korea to 7th degree black belt in Tang Soo Do. Over the years he has trained under and with GM Chuck Norris, GM Jeong Sook Lee, Master James Edwards, GM Ho Sik Pak in Tang Soo Do, GM Leo Fong (WKD), Sifu Robert Crowder (JKD) Sifu Chris Kent (JKD), Sifu Randy Lyons and Sifu Dale Chen in (Tai Chi Chuan) 24 and 108, Qi Gong, Sifu Clark Tang (Wing Chun). He is also a clairvoyant, a Reiki master and a minister.

He co-founded and opened Reed's Active Martial Arts and Wellness Club in Germany and in California with Kyosa Lady L. Reed. Also in 2015, he was promoted to a 7th degree black belt in Tang Soo Do and was assigned President of the West Coast International Tang Soo Do Federation of Korea by Grandmaster In Do Nam and a 6th dan in World Dang Soo Do Union under Grandmaster S. K. Kim. He was inducted into the Masters Hall Of Fame in 2015 and into the USA Martial Arts Hall of Fame in 2016.

He is currently training with Kyosa Lady Lallaine under Grandmaster Leo Fong in Wei Kuen Do.





Kyosa Lady Lallaine Reed started training in Tae Kwon Do when she was studying in De LaSalle University in the Philippines in 1991. After a car accident in 1991, she thought she wouldn't be able to use her feet anymore, so she learned Wado Ryu Karate and got an orange belt in 1993 in Pangasinan, Philippines. She started doing Yoga in 1995.

She lived in Germany for almost 19 years and was an avid fan of martial arts, especially Jet Li, Bruce Lee and Jackie Chan. She was training only with the little knowledge she learned in martial arts by herself. When she met her mentor Divina Martens, she learned Tai Chi-Qigong meditation in 1999. After being a certified German office clerk, she volunteered to write, edit and make the layout of a newsletter for Phil. Frauen Gruppe e.V. in Hamburg in 2004.

She took classes on alternative medicine from 2005-2006 and courses on dealing with special kids as a caregiver for children from 2010-2012 in Baden-Wuerttemberg. Then she was introduced to kickboxing by Giuseppe Demitri in 2008 and to Wing Chun by Sifu Alexander Kapischke in 2009.

Now, she holds a 2nd degree black belt in Tang Soo Do MDK from ITF of Korea/ 1st Degree in Tae Kwon Do MDK (tested by Master Thien Vo from GM Jack Hwang) and a CMT (AMTA member, MBLEX passed).

She is also known for her poetry, photography, Tinig Pinay Newsletter and is continually working on her Ramayoga, Shibashi, Baduanjin, Tang Soo Do, Tae Kwon Do, Wing Chun, Wei Kuen Do and JEDOKAN forms.

As a certified massage therapist, she offers Swedish and deep tissue massage, trigger points, chakra balance, pregnancy and infant massage, geriatric and seated massage, Shiatsu, reflexology and acupressure. She is also a certified Reiki master in Usui Reiki through Bryce Winston and an ordained minister, initiate and volunteer of the Church of MSIA.

She was inducted into the USA Martial Arts Hall of Fame in May 2016 as the Leading Female Black Belt of the year.

Together, they believe in helping people activate their power from within and unite their body, mind and spirit by achieving wellness. Through the different styles that they teach and services they offer, they hope to reach people who are on the same path.

It is never too late to start and be active. Together they are bridging the gap between martial arts, regardless of race, age, styles or creed. They are now also helping older people and special needs children.

